

## What can we help with?:

### Primary age children:

1. Worry, phobias and attachment issues.
2. Understanding emotions, self-esteem and managing relationships.
3. Transition periods i.e. primary to secondary.

### Secondary age children:

1. Worry and anxiety
2. Phobias (excluding blood, needles and vomit)
3. Low-mood
4. Peer mentoring
5. Self-esteem, resilience and managing (peer)
6. Exam stress

“I HAVE SEEN POSITIVE CHANGES WITH STUDENTS UTILISING SKILLS IN THEIR EVERYDAY LIFE”



Call us on: 01865 759281



Call The Single Point of Access on: 01865 902515



Make a referral on:  
<https://secureforms.oxfordhealth.nhs.uk/mhst/>



## Our aim:



Source: <https://www.mentalhealth.org.uk/statistics/mental-health-statistics-children-and-young-people>

The emotional wellbeing of children and young people is as important as their physical health.

Our mission is to enable young people with mild to moderate mental health problems to live their lives to the full.

## What we do?:

We work in schools across Oxford City, Banbury and Bicester to support children and young people experiencing mild to moderate mental health issues.

1. Deliver evidence-based interventions for child and young people with mild to moderate mental health problems.
2. Support the senior mental health lead in each education setting to introduce, develop and support the delivery of their whole school or college approach.

## How to get support:

- Speak to the Senior Mental Health Lead within the school.
- Attend a parent drop-in.
- To make a 1:1 referral for children over 12 please visit: <https://secureforms.oxfordhealth.nhs.uk/mhst/>

